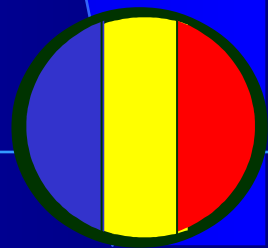
INITIAL ENTRY TRAINING PHYSICAL FITNESS OVERVIEW

TRADOC Reg 350-6

CADRE TRAINING COURSE



MISSION

- ***PFT in IET will:***

  - Progressively condition and toughen the soldier for duties as soldier.

  - Develop the soldier's self-confidence, discipline and esprit.

  - Improve the fitness level of the soldier to the highest level possible.

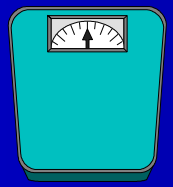
  - Develop a healthy lifestyle through education.

PFT OBJECTIVE

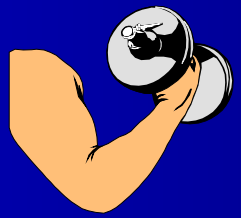
- ***Improve the five components of fitness***

Cardiorespiratory endurance

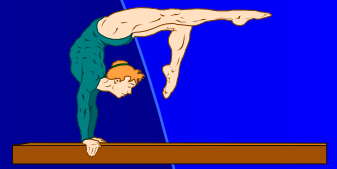
Body composition



Muscular endurance



Flexibility



Muscular strength

GENDER DIFFERENCES

- SIZE

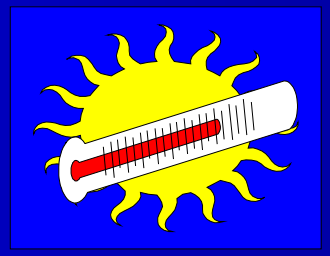
- FAT

  10-15% MORE

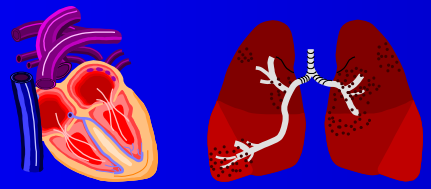
- MUSCLES

  50% MORE UPPER BODY

- FLEXIBILITY
- RESPONSE TO HEAT



- HEART & LUNG SIZE AND RATE



- BONES

PFT PROGRAMS

Must be based on the application of FITT

Will be progressive, disciplined and challengi

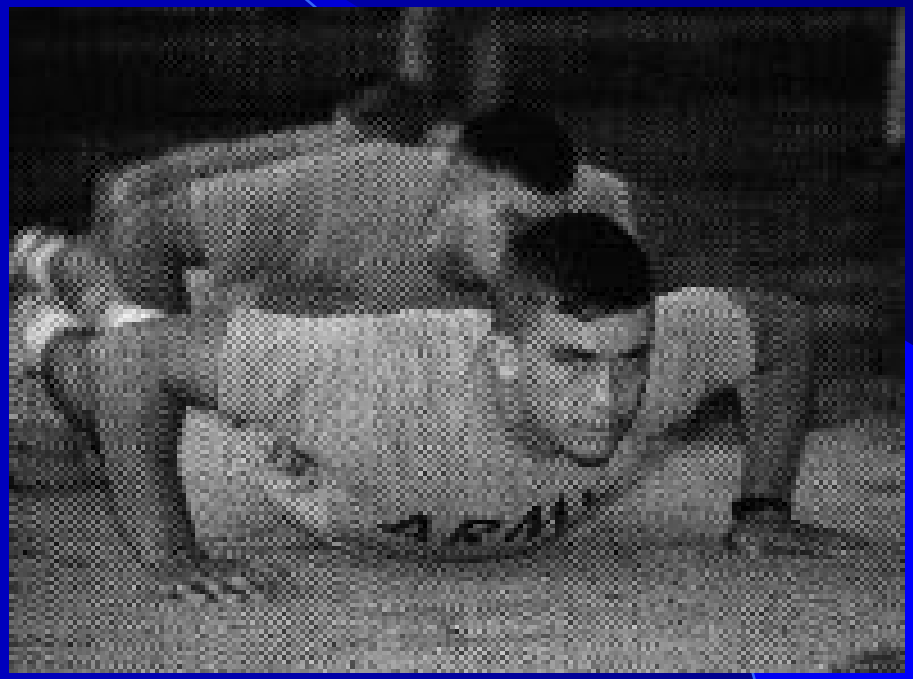
- Intensity of exercises must be increased in logical increments throughout the training cycle

oldier's expect tough demanding PF

UNIT FITNESS EVALUATION METHODS

mmander's are responsible for unit fitne

- APFT
- Inspections
- Observation
- Medical examination



CADRE TRAINING COURSE

PROGRAM DEVELOPMENT

- Apply the seven principles of exercise
- Establish appropriate fitness objectives
- Commander's latitude varies with length and
- [illegible]
- [illegible]
- [illegible] program

All leaders strive to challenge soldiers to highest [illegible]el of fitness possible while minimizing the risk of inju

PFT SESSIONS

Cadre responsibilities

Soldierization- discipline, motivation, teamwor

- Command presence

Demonstrate proper procedure

Correct soldier's performance

- Encourage soldiers

Provide leader role model

- All cadre must conduct separate PFT

PFT SESSIONS

Training effect

- Warm-up, conditioning phase and cool-down
- Positive, enthusiastic and motivated cadre
- All possible control measures applied
- Emphasis on form and executing exercise correctly
- Begin no less than 60 min. after meal; complete no less than 30 min. before a meal

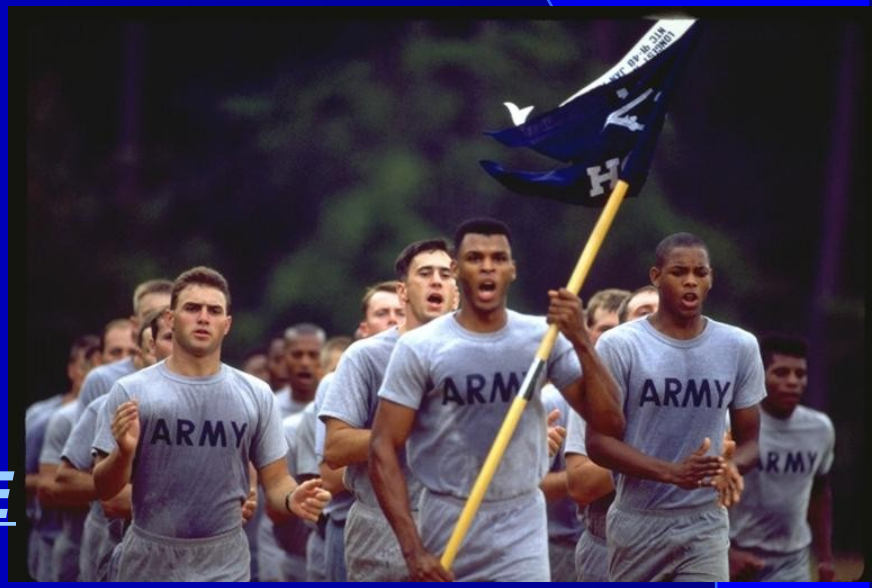
PFT SESSIONS

Runs

- Use ability group to allow soldiers better challenge

- If in formation run- maintain discipline (send the right message)

- Variety- last man up fartlek, interval runs



PFT SESSIONS

Runs

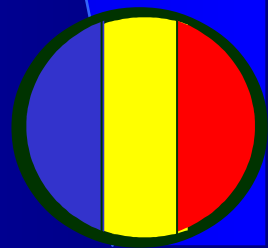
- Limit commander runs to one per cycle/class or one per month
- No scheduling runs on days when soldiers must walk for extended periods of time
- Focus on warm-up and flexibility prior to APFT

CADRE TRAINING COURSE

PFT SESSIONS

Ability Group Considerations

- Soldier placements
- Run for time, not for distance (RxT=D)
- Consistent intensity
- Number of runners per group
- Cadre numbers, placement and absents
- Route and road guards
- Straggler control
- running should be at soldiers THR



PFT SESSIONS

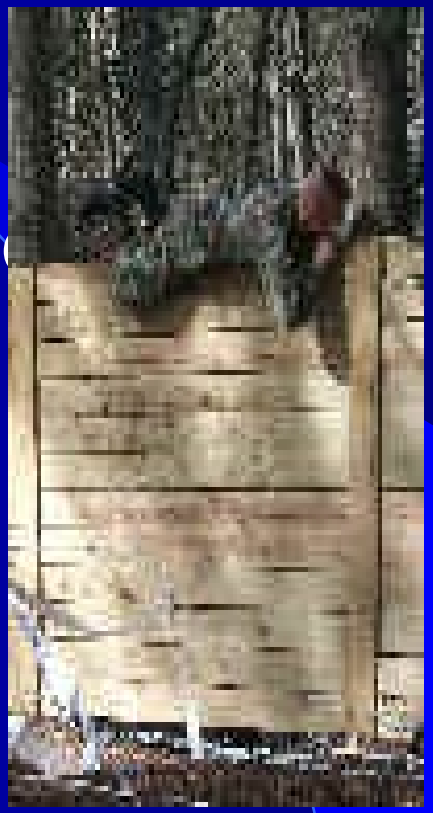
Ability Group Runs

- More effective then unit runs
- Groups are based on soldiers most recent 2-mile run time
- Assist soldiers in two ways:
  - attain highest attainable fitness level
  - quickly brings low performers up to minimum standards

PFT SESSIONS

Additional activities

- Road marches
- Obstacle or confidence course
- Rifle drills
- Grass drills
- Guerrilla exercises
- Competitive activities



CORRECTIVE ACTION PFT

- Used as an *attention getting* device
- Exercises used must be *commensurate* with the individuals fitness level
- Trainee leadership will not administer physical exercise as a corrective action

MASTER FITNESS EMPHASIS

- APFT failures, profiles and overweight soldiers
- Gear programs to individual needs
- Distinguish between the unfit and unmotivated
- Designate the right cadre to conduct training

IMPLEMENT AND EXECUTE SPECIAL FITNESS !!!

APFT IN IET

- Procedures outlined in FM 21-20
- IET cadre may administer the APFT
- APFT will be monitored by quality control personnel from the chain of command

APFT WAIVERS

- Commanders evaluate failures on an individual basis
- Soldiers who continuously fail after remedial training will be considered for elimination
- Soldiers who are medically profiled must have met graduation requirements on a diagnostic test (*soldier will be required to pass events not restricted by their profile)*

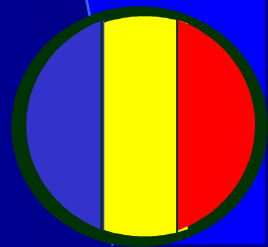
THE ARMY PHYSICAL FITNESS TEST

BCT
Diagnostic in phase I & II
ecord during final two weeks
50 points per event

AIT
Diagnostic once a month
Record at week eight or during
final two weeks, whichever
occurs first
60 points per event

OSUT
Diagnostic in phase I & II
Diagnostic once a month
Record during final two weeks
60 points per event

CADRE TRAINING COURSE



Upper Body Injury

15 MINUTE WARM-UP

- Neck rotation (if able)
- Arm & Shoulder rotation (if able)
- Chest stretch
- Upper Back stretch
- Hip rotation
- Knee & Ankle rotation
- Thigh Stretch standing
- Groin Stretch seated
- Hamstring Stretch seated
- Calf stretch

Individual stretching

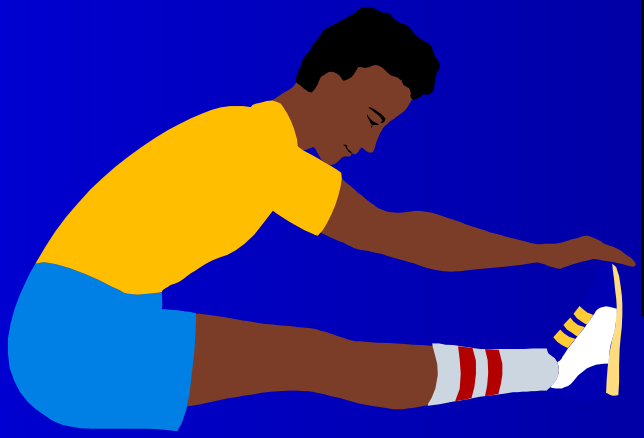
20-25 MINUTE C/R

- Bike for 20-25 minutes

or

- Stairmaster for 20 minutes (maximum effort)

(stiff neck, sore shoulder, arm or wrist problems)



15 MINUTE M/S

- 3 sets 10 reps Bench Press
- 3 sets 10 reps Bar Dips
- 3 sets 10 reps Dumbell flyes
- 3 sets 10 reps Pull-ups
- 3 sets 10 reps Crunches

5 MINUTE COOL DOWN

CADRE TRAINING COURSE

Lower Body Injury

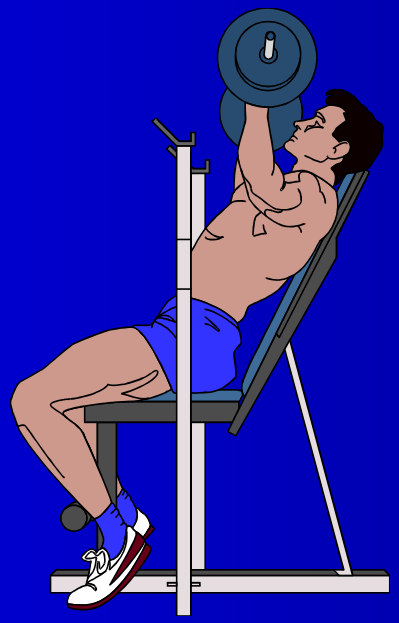
(shin splints, sprained ankle, sore knee, toe problems)

15 MINUTE WARM-UP

- Neck rotation
- Arm & Shoulder rotation
- Chest stretch
- Upper Back stretch
- Hip rotation
- Knee & Ankle rotation
- Thigh Stretch standing
- Groin Stretch seated
- Hamstring Stretch seated
- Calf stretch
- Toe drag

20-25 MINUTE C/R

- Bike for 20 -25 minutes **(maximum effort)**



15 MINUTE M/S

- 3 sets 10 reps Bench Press
- 3 sets 10 reps Bar dips
- 3 sets 10 reps Dumbell flye
- 3 sets 10 reps Pull-ups
- 3 sets 10 reps Crunches

5 MINUTE COOL DOWN

Back Injury

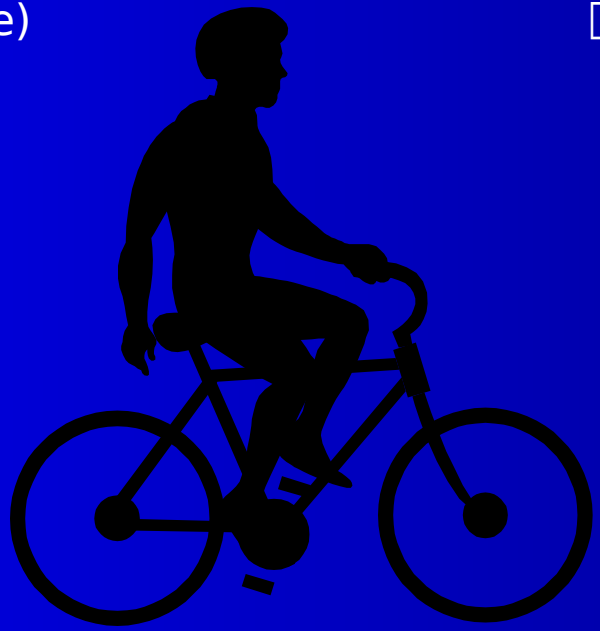
(pulled muscle, sore back)

15 MINUTE WARM-UP

- Neck rotation
- Arm & Shoulder rotation
- Chest stretch
- Upper Back stretch (if able)
- Hip rotation
- Knee & Ankle rotation
- Thigh Stretch standing
- Groin Stretch seated
- Hamstring Stretch seated
- Calf stretch
- Individual stretching

20-25 MINUTE C/R

- Seated Bike for 20-25 minutes **(maximum effort)**



15 MINUTE M/S

- 3 sets 10 reps Flat Bench press
- 3 sets 10 reps Military Press(seat
- 3 sets 10 reps Seated Curl (mach
- 3 sets 20 reps Crunches

5 MINUTE COOL DOWN

BDE/BN	DIAGNOSTIC APFT SCORES							
187TH	< 150	151-159	160-169	170-179	180-189	190-200	200 +	TOTAL
FORT SILL, OKLAHOMA								
FIELD ARTILLERY TRAINING COMMAND								
1-19								
1-22				1	1	2	10	14
1-40								
1-79								
TOTAL								
FORT KNOX, KENTUCKY								
1ST ARMOR TRAINING BRIGADE								
1-46	1	1			1		6	9
2-46								
5-15								
TOTAL								

FORT JACKSON, SOUTH CAROLINA

FIRST BRIGADE								
1-28				1	3	3	20	**27**
2-13								
2-28								
3-13								
2-60								
TOTAL								
FOURTH BRIGADE								
2-39								
1-61								
1-34								
TOTAL								
FORT BENNING GEORGIA								
3-47								
1-38							4	**4**
2-54								
TOTAL								
						TOTAL TESTED		**64**
						DATE TESTED		**3/25/00**

HEIGHT / WEIGHT TABLE

MAXIMUM WEIGHT IN POUNDS BY YEARS OF AGE

MALE

HEIGHT	17-20	21-27	28-39	40 & older
60	139 / 132	141 / 136	143 / 139	146 / 141
70	189 / 180	192 / 185	195 / 189	199 / 192

FEMALE

HEIGHT	17-20	21-27	28-39	40 & older
60	120 / 116	123 / 120	127 / 123	130 / 127
70	163 / 159	168 / 163	173 / 168	177 / 173

BODY FAT TABLE

MAXIMUM ALLOWABLE BODY FAT TABLE FOR INITIAL PROCUREMENT

AGE GROUP	17-20	21-27	28-39	40 & older
MALE %	24	26	28	30
FEMALE %	30	32	34	36

MAXIMUM ALLOWABLE BODY FAT TABLE FOR CURRENT MEMBERS OF THE ARMY AND FOR CERTAIN APPLICANTS

AGE GROUP	17-20	21-27	28-39	40 & older
MALE %	20	22	24	26
FEMALE %	30	32	34	

CADRE TRAINING COURSE

PT Awareness

- Tips for success:
  - Exercises listed in FM 21-20 are safe for healthy and uninjured soldiers
  - Some Exercises may be to advanced for some soldiers to perform with out risk of injury
    (ie ballistic bouncing, twisting and bending)

Proper execution and common sense are the main Ingredients for conducting safe physical training.

PFT REFERENCES

AR 350-41	TRAINING IN UNITS
AR 600-9	THE ARMY WEIGHT CONTROL
	PROGRAM
DA PAM 350-15	COMMANDERS HANDBOOK ON
	PHYSICAL FITNESS
DA PAM 350-18	THE INDIVIDUAL'S HANDBOOK ON
	PHYSICAL FITNESS
FM 21-20	PHYSICAL FITNESS TRAINING
TR REG 350-6	JET POLICIES AND ADMINISTRATION
AR 40-501	STANDARDS OF MEDICAL

PHYSICAL FITNESS
EXCELLENCE
www-benning.army.mil/usapfs